Health benefits of Morning Walk

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https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health

Health & Fitness

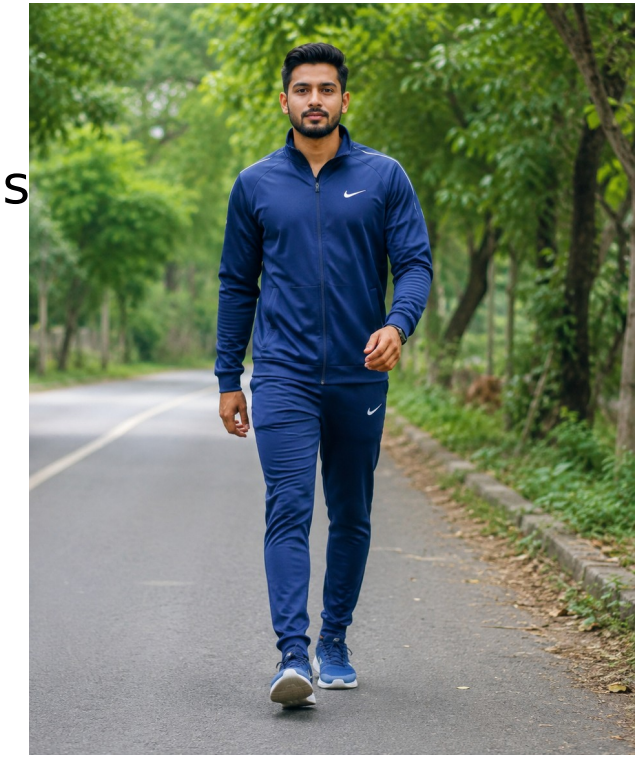
Simple habits for a healthier, more active lifestyle

- Stay active every day
- Choose balanced, nutritious foods
- Get enough sleep and recovery

5 Health Benefits of Walking

A simple activity with powerful benefits

- Supports heart health
- Improves mood and reduces everyday stress
- Helps maintain healthy fitness and weight
- Strengthens muscles and supports mobility
- Boosts daily energy and endurance



Build a Healthy Routine

Small, consistent choices can make a difference

- Start with a comfortable 10–20 minute walk
- Increase activity gradually as you become comfortable
- Drink water and eat a balanced variety of foods
- Make sleep and recovery part of your routine
- Choose activities you enjoy so healthy habits are easier to maintain

THANK YOU